

CanSkate Information

The Ice Palace is committed to ensuring that all of our activities adhere to all federal, provincial, and municipal regulations and will take every precaution to ensure the health and safety of our members.

Safety Protocols - <http://icepalace.ca/wp-content/uploads/2020/08/Ice-Palace-RTP-CS-JA-JS.pdf>

- **Strict safety protocols** in accordance with Alberta Health guidelines
- **Daily screening** of all participants and coaches
- **Socially distanced classes** (skaters and coaches 2 metres apart at all times)
- **Smaller class sizes**
- **Face masks** required for coaches
- **Cleaning protocols** in accordance with Public Health guidelines

****Skaters must be able to stand up and move forward without assistance, since coaches are not permitted to provide hands-on assistance due to social distancing requirements.**

CanSkate is Skate Canada's learn-to-skate program for beginners. Skaters are taught in a small group by a Skate Canada Certified Coach. Each class will consist of a warm-up, group lesson, and a fun activity.

Equipment required:

- Skaters will need a helmet, skates, warm clothing, and gloves/mittens. For safety reasons, skin should not be exposed.
- Be sure that skates are tightened properly to provide good ankle support.
- Blades should be sharpened before the start of each season. When the skater is not on the ice, wear guards to protect the blades and prevent dulling. When the skater is finished skating, wipe the blades dry with a soft cloth.
- When buying skates, make sure they fit properly and provide good ankle support. To purchase skates or sharpen blades, we recommend United Sport & Cycle (www.unitedsport.ca).

United Sport & Cycle Main Store
7620 Gateway Blvd NW
780-433-1181

United Sport & Cycle West Store
10846 170 Street NW
780-433-1182

****All skaters must wear a CSA approved hockey helmet (bicycle and ski helmets are not allowed)****



****Skates with laces are recommended (no buckles or velcro)****

